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THE FRONTLINE

SPORTS & RECREATION

AUGUST 6, 2009

Johnson coaches youth, signs with Bengals

Patty Leon
Sports editor, Coastal Courier

Two weeks ago, he was running drills and teaching the children at the Liberty County Recreation Department the fundamentals of football.

On Wednesday, former Georgia Tech Yellow Jacket Michael Johnson finalized a contract and signed to start his rookie season with the Cincinnati Bengals.

Johnson's passion for kids and football brought him to Liberty County where, for the past four years, he's assisted his cousin, Cedric Dickerson, a retired pro-football player, in his annual football camp. This year's camp drew nearly 40 participants.

Johnson's agent, Richard Kopelman, finalized the four-year deal with the Bengals 24 hours before the squad was set to report to Georgetown College

for training.

According to the Cincinnati Enquirer, Johnson is set to receive \$2.6 million, which is the NFL's minimum salary base. Johnson will also receive an \$863,020 signing bonus. Johnson was Cincinnati's third round pick in the draft.

Bengals defensive coordinator Mike Zimmer told reporters he was eager to see what Johnson can do on the line. He is behind Antwan Odom and Frostee Rucker on the depth chart at the right end, and is projected to be used in pass-rush situations. Johnson might see time at linebacker as well, according to the news report.

Johnson started 15 games during his tenure with the Yellow Jackets. He finished his career with 19 sacks and 30.5 tackles behind the line of scrimmage.



Top of the Rock 5K, 10K Run

9 a.m., Sept. 26



The "Top of the Rock Run," a 5K and 10K race that allows individuals and teams to demonstrate their running endurance and ability, will take place between the Quick Track and Newman Fitness Center beginning at 9 a.m., Sept. 26.

Ten different age categories are available for male and female competitors: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, plus 55 and over. There also will be a 10K Team (10 members, minimum) competition.

Trophies will be awarded to the top three overall winners of the 5K and 10K male and female finishers,

the top two finishers in each age category, and the top two teams.

Team competition runners may pre-register at the Bennett Sports Complex and the Tominac Fitness Center until Sept. 23. Individual runners may pre-register until Sept. 25.

The pre-registration cost for the 5K and 10K run for individuals is \$18. The cost for teams registering for the 10K team competition is \$15.

Registration will also be available on the day of the race and will cost \$25 for individual participants only.

For additional information, contact the Sports Office at 767-8238/8326.

GC team takes 1st



Randy Murray

Colonel Kevin Milton, Fort Stewart and Hunter Army Airfield commander, prepares to putt one closer to the hole during the GC Golf Scramble at Taylors Creek Golf Course, July 31. Eighteen teams competed in this month's scramble, with Col. Milton's team taking first place overall and Sgt. 1st Class Brett Ott winning "Closest to the Pin #11." For scores, see page 3C

Sand Gnats appreciate, honor military

Cristina Faiella
Sand Gnats Promotions

The Savannah Sand Gnats will be hosting their annual Military Appreciation Night at the ballpark, August 15.

We would like to encourage all our military community members and their Families to attend. The night is sponsored by Beaufort Memorial Hospital and will feature a special appearance from the Parris Island Marine Band. In addition there will be a fly-over and joint Color Guard as well as a guest appearance from Sgt. Slaughter.

Sergeant Slaughter is a former Marine who went through the steps of Parris Island and then went on to become a professional wrestler in the World Wrestling Federation. Sgt. Slaughter will be available for fan photographs and autographs during and after the game.

With a valid Military ID, a ticket to a Sand Gnats game is only \$5.00. On Military Appreciation Night, the Sand Gnats will be offering a special deal

for military personnel called the Military 4-Pack.

Military 4-Pack is a special deal on Aug. 15. For just \$30, you get four game tickets, four hot dogs, four drinks, and four chips. This comes out to only \$7.50 per person.

We also have VIP party decks and pre game picnics available. For information and to reserve your tickets please contact: Cristina Faiella at the Savannah Sand Gnats at (912) 351-9150 or email Cristina@Sandgnats.com.



TM

Jake's Body Shop Staying motivated to exercise

Jake Battle

DMWR Fitness Director

Maintaining enthusiasm is the key to a consistent, healthy exercise program. While many people are excited about starting a workout routine, the motivation to get in shape often fades after a few weeks.

Fortunately, this doesn't have to be true for you. Here are several ways to help you find exercise success.

It's all attitude

Let your attitude do all the work for you. Staying positive can carry you much further than beating yourself up.

If you are not careful, you will

defeat yourself before you ever put on your tennis shoes. Don't give in to thoughts like, "I'm too tired to exercise," or "Everybody at the fitness center will be younger than me"

Instead, tell yourself, "I am going to have so much more energy once I get in shape," or, "I will feel younger when I start exercising."

Open your mind

If you don't feel like jogging or lifting weights, try something different. Even if you are in the habit of jogging a mile or two or swimming a certain number of laps, you can still be flexible in your routine.



When you don't feel like exercising, do a less intense workout. Walk through your neighborhood or ride a bike. You can still get a great workout without feeling guilty.

Exercise for you

Many people work out for negative reasons.

Maybe your father died of a heart attack or the women in your Family tend to be overweight.

These motivations will make it harder for you to stick with a long-term program.

Find new reasons to exercise. Think of how successful you will feel or how much you are doing for your body on a day-to-day basis.

Fire the critic

One sure way to lose all motivation is to be too hard on yourself. Don't compare yourself or tell yourself you'll never master a new technique.

When you start to put yourself down, think of the benefits you have already gained.

You can start an exercise program and stick with it. The satisfaction you feel will make it worth the effort.

Ready for results

1. Replace negative thinking with positive thinking.

2. Be flexible. Don't always feel like you have to complete a certain regimen.

3. Relax. Don't expect to become perfect immediately.

CYSS offers sports, cheerleading activities

Deadline to register: Aug 10

Child, Youth, & School Services

WHAT: Tackle Football, Cheerleading, and Fall Soccer registration

WHEN: Registration has already started and ends Aug. 10, or when all slots are filled.

WHERE: Register at the Fort Stewart CYSS, building 443, located on the corner of Gulick Ave. & Lindquist Rd. behind Corkan Pool. Hours of operation are Monday, Tuesday, Thursday, and Friday: 8 a.m.-5 p.m., and Wednesday, 9 a.m.-6 p.m..

FOOTBALL IS OPEN TO: All current CYSS members ages 7-13. Must be age 7 and cannot be age 14 as of Aug. 1. Age divisions are 7-8, 9-10, and 11-12 (or) 11-13. Participants age 13 (as of Aug. 1) will be placed on a waiting list and will be called in to register if there are enough to form an 11-13 on-post league. All players will be able to participate in their age division, regardless of weight. Uniforms and equipment (except socks and cleats) will be furnished by CYSS/Youth Sports. Sports fee: \$60.

CHEERLEADING IS OPEN TO: All

current CYSS members ages 6-13. Must be age 6 and cannot be age 14 as of Dec. 31. Age divisions are 6-8, 9-10, and 11-13. Uniforms (except socks) will be furnished by CYSS/Youth Sports. Sports fee: \$30.

FALL SOCCER IS OPEN TO: All current CYSS members ages 4-13. Must be age 4 and cannot be age 14 as of Aug. 1. Age divisions are 4-5, 6-7, 8-9, and 10-13. Uniforms (except socks & shin guards) will be furnished by CYSS/Youth Sports. Sports fee: \$30.

ADDITIONAL INFORMATION: All

participants must have a current physical on file at time of registration. All CYSS sports programs need volunteers to coach teams. If you are interested in volunteering, please visit CYSS or Jordan Youth Gym to fill out a volunteer application. All applications will be subject to background checks. For more information, call 767-2312 or 767-4371.

For more sports information, please call the Youth Sports Office (located at Jordan Gym) at 767-4371.

TIME OUT! How Big Papi got so big

Sports commentary

Sgt. Joseph McAtee

3rd Infantry Division Public Affairs

In 2003, about 100 Major League Baseball players were tested for performance-enhancing drugs... anonymously. I use that ellipse with intended sarcasm, because since the test, names have been leaked to the public as recently as last week when David Ortiz and Manny Ramirez were reported as having tested positive.

At this point, it should be noted how the names are being leaked. Former Senator George Mitchell, currently serving as the President's envoy to the Middle East, compiled a more than 400 page report in 2007 on the use of anabolic steroids and human growth hormone in professional baseball. As a part of the report, the 2003 test was subpoenaed to provide further proof that there was a serious problem with

steroid use in baseball (as if Barry Bonds' neck didn't provide enough proof).

The information provided on the 2003 test was supposed to be destroyed after the hearing as it provided the necessary information to link the serial numbers assigned to each test sample to the corresponding names. I'm going to go out on a limb and guess it never made it to the shredder.

Someone needs to be reminded of the importance of OPSEC.

Since February, we've learned that Alex Rodriguez, Sammy Sosa, Manny Ramirez and David Ortiz all submitted positive samples in the 2003 test. At this point, the only thing holding the full results back from the public is the MLB Players' Association plea to maintain the integrity of the testing process that was supposed to be anonymous. Maintaining the integrity of baseball? Not as important.

And so again, we find ourselves at a crossroads in the syringe-soaked era of baseball with the question that will dominate the prologues of some of the most illustrious and statistically shocking careers in the history of America's pastime, Do these players deserve admittance to the Baseball Hall of Fame?

I won't act like I have the end-all-be-all answer to that question. It's difficult to suggest that players of the last decade who demonstrated abilities well beyond those of their peers do not deserve the same recognition of previous greats who dominated their opponents.

It's equally difficult, in light of the recent inductions of Jim Rice and Rickey Henderson, to suggest that humans who exploited laboratory-cultivated concoctions to balloon like Violet from Willy Wonka (minus the bluish hue) succeeded due to their natural talents alone.

What I will say is this: release the

names. The only way we can move on from what will be known as the most tainted era in baseball history is to make the testing process as transparent as possible.

That begins with outing any player who fails a test. I understand the 2003 test was taken anonymously, and that providing names would both be a breach of contract and a stain on dozens of careers that otherwise would go unblemished, but who is left at this point?

Is there a single player from the last decade whom any rational baseball observer wouldn't believe took steroids?

At this point, the stain on individual careers pales in comparison to the stain that has been eternally injected into the game by a constant stream of positive steroid tests.

Whatever lab can come up with something to remove that stain deserves a spot in Cooperstown.

GC Golf Scramble fields 18 teams

Randy Murray

Fort Stewart Public Affairs

The Fort Stewart Garrison Commander's Golf Scramble got off to an early start, July 31 at Taylors Creek Golf Course. A total of 18 teams competed this month, including the team led by Col. Kevin Milton, Fort Stewart-Hunter Army Airfield garrison commander. In fact, Col. Milton's team took 1st place overall.

One significant difference in this month's competition was the inclusion of female golfers on many of the teams.

Next month's GC Golf Scramble is scheduled for Aug. 28. Soldiers, retirees and Army Civilians interesting competing in Stewart's next GC Golf Scramble can call 767-2370. The next golf event scheduled at Hunter will be Aug. 14.

According to golf management trainee Jamie Daniziak, the top five placing teams and their members consisted of the following:

1st Place (58)

Col. Kevin Milton
Royce Kennedy
Travis Mobley
Amber Franks

2nd Place (61)

Russel Johnson
Jim Lundy
Tony Klosek
Helen Bosarge

3rd Place (61)

Will Jones
Master Sgt. Steven Williams
Col. (Ret.) Scott Armbrister

4th Place (61)

Terry Middleton
Command Sgt. Maj. Max Brown
A.J. Flores
Julie Herman

5th Place (62)

Sgt. 1st Class Brett Ott
Capt. John Zdeb
Capt. Matt Setters
Staff Sgt. Scott Murray

Closest to the pin

#11: Sgt. 1st Class Brett Ott